FITNESS LABS™
NUTRITION CORPORATION

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RECEIVED 4/2/99

Linda S. Kahl, Ph.D.
Office of Special Nutritionals (HFS-450)
Center of Food Safety and Applied Nutrition
Food and Drug Administration
200 "C" St. S.W.
Washington, D.C. 20204

Dear Dr. Kahl:

Fitness Labs Nutrition Corporation wishes to notify the Food and Drug Administration that it has, within the pas 30 days, commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is Creatine Transport GTP. The dietary ingredient that is the subject of the statement is Creatine, Glutamine, Taurine, Phosphates and Dextrose. The statement reads as follows.

"Ideal for athletes engaged in sports requiring quick, explosive movements! High glycemic carbs trigger a transport mechanism that shuttles creatine into muscle up to 36% better than creatine alone. Creatine Transport GTP for Power & Strength Athletes. This scientifically advanced transport formula is designed to maximize skeletal muscle concentrations of creatine above that of taking creatine alone. It combines the highest quality creatine monohydrate from SKW Trostbert AG of Germany with carbohydrates and GTP. GTP is a precise blend of Glutamine, Taurine and Phosphates providing your body with important factors to work synergistically with creatine. Carbohydrates (simple sugars like dextrose found is this formula) may naturally trigger the release of the anabolic hormone insulin, which may help drive creatine, amino acids (protein) and carbohydrates into muscle cells. Creatine is a natural substance that is synthesized in the body from three amino acids. In the Body, creatine helps to regenerate ADP (spent energy) back into ATP for increased energy output involving short, intense burst of energy. Short term supplementation of creatine monohydrate has been shown to significantly increase muscular performance. It may help athletes workout at a high intensity during resistance exercise. A resulting stimulus over time may result in enhanced physiollgic adaptations."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,
Fitness Labs Nutrition Corporation

Daniel R. McFarland
President

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